

# *Lenten Reflections*

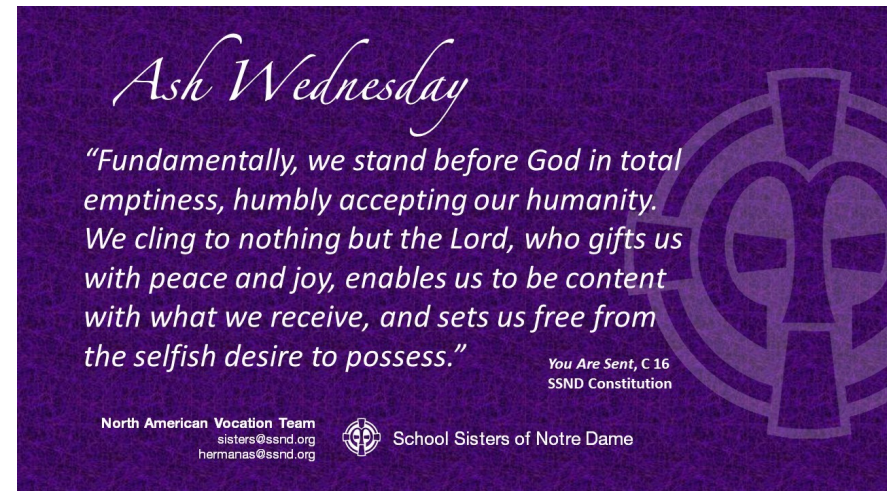
based on *You Are Sent*, the constitution  
of the School Sisters of Notre Dame.

Prepared by the  
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The Lenten season brings us the opportunity to  
look more carefully at our life journey and our  
relationship with our God who infinitely loves us.

At this beginning of Lent, from what must I empty  
myself in order to walk the journey free of selfish  
desires and clinging to nothing but the Lord?

What grace do I desire to be stirred up to  
walk this journey more freely?

## *First Week of Lent*

*"We learn with God's grace to trust that God's power is at its best in weakness. With this assurance we dare to open ourselves ever more deeply to God and others."*

*You Are Sent, C 37*  
SSND Constitution

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## *Second Week of Lent*

*"Throughout our lives, we strive to do whatever he tells us, to respond affirmatively to God and to his action in us."*

*You Are Sent, C 47*  
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**Often we are afraid to admit weakness and instead attempt to control ourselves, others and the circumstances of our lives. Lent reminds us that it is God's action, not ours that renews and saves.**

**What weak and broken parts of yourself is God inviting you to entrust to his care this Lent?**

**What might you need to release in order to receive this unconditional love?**

**Where have I felt God's encouragement and invitation?**

**What helps me respond wholeheartedly to God's transforming grace in my life?**

**For what grace do I need to pray?**

## *Third Week of Lent*

*"...We learn little by little that we are all engaged in the same life-long process of conversion of heart, of return to love."*

*You Are Sent, C 36*  
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## *Fourth Week of Lent*

*"In our attitude of listening and openness, we follow Mary. She pondered the word received and was so united with God, so desirous that his will be done, that the Word could become incarnate through her."*

*You Are Sent, C 32*  
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**As we continue on this Lenten journey,  
what is one conversation that I should have  
in order to have a conversion of heart?**

**For which grace do I need to pray so that conversation  
may help me to return to love?**

**Listening, openness, pondering...all these stances of  
Mary's led her to saying "Yes" to God  
in a most profound way.**

**In what part of the day can I set aside moments  
for listening, pondering and being open?**

**Can I, like Mary, find it in my heart to desire  
that God's will be done, and in doing so, bring Christ's  
presence to the world?**

## *Fifth Week of Lent*

*"As we identify more deeply with Christ, the very pattern of his life becomes ours. We experience ... now one aspect and now another of Christ's paschal mystery, of his life, death and resurrection."*

*You Are Sent, C 46*  
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## *Holy Week*

*"Struggling for reconciliation and unity wherever we are, we return to the Eucharistic table with a keener awareness of our own sinfulness, of the brokenness of our world, and of the power of Christ's saving love"*

*You Are Sent, C 35*  
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**As this Lenten journey continues,  
what part of the pattern of Christ's life  
am I called to make more my own?**

**What grace will aid me to take those next steps?**

**As we enter into these holiest of days,  
what specific action will I take to bring about  
reconciliation and unity?**

**For what grace will I pray this week  
so that I might possess a keener awareness?**